**Vermont Year 2010 Health Objectives – National & Vermont Goals**
**Vermont Summary of BRFSS[1] Data**
Significantly BETTER than the Objective's Target is in **bold**
County level results
All values are age adjusted to year 2000 standard population.*

| 01-Access to Quality Health Services | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Health Insurance Coverage | 18–64 | 88.3 | 86.5 | 86.1 | 87.9 | 81.7 | 84.9 | 81.1 | 85.3 | 81.0 | 100% | 2.1 |
| Specific Source of Ongoing Primary Care | 18+ | | 84.4 | 84.7 | 86.9 | 79.4 | 85.1 | 79.5 | 87.0 | 79.4 | 96% | 5.2 |

| 02-Arthritis, Osteoporosis, and Chronic Back Conditions | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Limitation in Activities Due to Arthritis | 18+ | | | 24.2 | 27.8 | 26.7 | | | 26.3 | 28.6 | 21% | 4.1 |

| 03-Cancer | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Pap Smear, Within Past 3Years | Women 18+ | 85.9 | | 86.9 | 86.2 | 83.9 | 84.3 | 82.2 | 83.0 | 81.9 | 90% | 5.2 |
| Fecal Occult Blood Test | 50+ | . | . | 42.3 | . | | 32.0 | 27.3 | . | | 50% | 2.2 |
| Ever Had Sigmoidoscopy or Colonoscopy | 50+ | | | **53.5** | | | **59.3** | 54.3 | | | 50% | 2.2 |
| Mammogram, Within Past Two Years | Women 40+ | **77.4** | | **76.7** | **77.3** | **75.3** | **74.8** | **74.3** | **77.2** | **74.6** | 70% | 4.2 |

| 05-Persons with Diabetes | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Prevalence of Diabetes | 18+ | 4.4 | 5.1 | 5.7 | 5.5 | 7.3 | 5.1 | 7.1 | 5.6 | 7.6 | 2.5% | 5.1 |
| Diabetes education | 18+ | 45.3 | 57.8 | 52.1 | 52.0 | 54.0 | 56.6 | 56.7 | 55.6 | 54.3 | 60% | 3.1 |
| Diabetes A1C test twice a year | 18+ | 57.5 | 80.6 | 74.5 | 74.6 | 63.7 | 75.8 | 68.9 | 78.1 | 64.4 | 80% | 3.1 |
| Diabetes & annual eye exams | 18+ | 68.2 | 66.9 | 69.9 | 57.3 | 61.3 | 64.0 | 61.8 | 72.4 | 60.5 | 75% | 3.1 |
| Diabetes & annual foot exam | 18+ | 59.9 | 74.9 | 68.7 | 70.9 | 67.4 | 66.9 | 66.6 | 75.2 | 66.0 | 80% | 3.1 |
| Diabetes & daily glucose test | 18+ | 53.4 | 50.6 | 51.1 | 60.9 | 56.8 | 58.8 | 60.0 | 59.1 | 61.2 | | 3.1 |

| 06-Disability and Secondary Conditions | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Disabled & sufficient emotional support | 18+ | | 69.6 | 68.1 | 68.9 | | 72.6 | | 77.2 | | 79% | 5.2 |

| 12-Heart Disease and Stroke | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Cholesterol Screening | 18+ | . | 75.4 | . | 75.4 | 73.5 | . | | 74.2 | 72.9 | 80% | 5.2 |

| 13-HIV | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sexually at risk persons who use condoms | <50 | | 41.3 | 44.8 | 48.2 | | 49.9 | | - | | 75% | n/a |

| 14-Immunization & Infectious Diseases | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Influenza Immunization | 65+ | | | 74.1 | 73.8 | 69.1 | 66.2 | 67.5 | 66.1 | 63.1 | 90% | 2.3 |
| Ever Had Pneumonia Vaccination | 65+ | | | 65.2 | 62.9 | 63.6 | 62.9 | 63.3 | 64.1 | 61.4 | 90% | 2.3 |

| 15-Injury and Violence Prevention | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Always use safety belts while driving | 18+ | | | 76.1 | | | | | | | 92% | 5.2 |
| Homes with loaded & unlocked firearms | 18+ | | | 2.4 | | | 2.5 | 4.1 | | | | 5.2 |

| 16-Maternal, Infant, and Child Health | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Folic acid | Women 18–44 | | | | | 56.4 | 55.7 | | | | 80% | n/a |

| 19-Nutrition and Overweight | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Obesity | 20+ | 18.4 | 18.0 | 19.1 | 19.7 | 23.2 | 19.1 | 23.9 | 20.6 | 24.9 | 15% | 3.2 |
| Food Security | 18+ | | 91.5 | 94.6 | 90.1 | | 91.2 | | - | | 94% | 5.2 |
| Nutrition  2 or more fruits per day | 18+ | | | | | | 41.8 | | 38.7 | 32.6 | 75% | 5.2 |
| 3 or more vegetables per day | 18+ | | | | | | 32.7 | | 30.2 | 26.0 | 50% | 5.2 |
| 5 A Day Fruits & Vegetables | 18+ | 28.7 | | 29.1 | 32.5 | 22.6 | | | 30.8 | 23.2 | n/a | n/a |

| 21-Oral Health | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| No Permanent Teeth Extracted | 18+ | **53.4** | | **56.2** | | | **57.2** | **54.2** | | | 42% | 5.2 |
| Extraction of All Natural Teeth | 65+ | 26.7 | | 21.7 | | | 21.2 | 20.5 | | | 20% | 2.3 |

| 22-Physical Activity and Fitness | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| No Leisure Time Physical Activity | 18+ | 23.2 | 20.5 | **18.1** | **18.5** | **24.4** | **18.0** | 24.1 | 18.9 | 25.4 | 20% | 5.2 |
| Regular, Moderate Physical Activity | 18+ | . | **54.9** | . | **55.3** | 45.9 | . | | 57.7 | 48.1 | 50% | 5.2 |
| Regular, Vigorous Physical Activity | 18+ | . | 30.6 | . | **32.5** | 25.7 | . | | 33.2 | 27.5 | 30% | 5.2 |

| 26-Substance Abuse | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Binge Drinking, During the Past Month | 18+ | | | 17.2 | 17.8 | 15.9 | 16.8 | 14.8 | 16.5 | 14.4 | 6% | 5.2 |

| 27-Tobacco Use | Age Gender | VT 2000 | VT 2001 | VT 2002 | VT 2003 | US 2003 | VT 2004 | US 2004 | VT 2005 | US 2005 | 2010 Target | Age Standard |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Cigarette Smoking | 18+ | 21.4 | 22.4 | 21.5 | 19.8 | 22.2 | 20.2 | 20.7 | 19.6 | 20.5 | 12% | 5.2 |
| Smoking cessation attempts | 18+ | | 45.7 | 50.1 | 43.4 | | 53.5 | 53.9 | 46.6 | 48.5 | 75% | 5.2 |

1 Behavioral Risk Factor Surveillance System
3 In some cases, BRFSS definitions of objectives differ slightly from those in Healthy People 2010. See below for the exact definition of the objective.
**\*Age groups used for 2005 standardizations**
2.1  18-44, 45-64
2.2  50-64, 65+
2.3  65-74, 75+
3.1  18-44, 45-64, 65+
3.2  20-39, 40-59, 60+
4.1  18-44, 45-64, 65-74, 75+
4.2  40-49, 50-64, 65-74, 75+
5.1  18-44, 45-54, 55-64, 65-74, 75+
5.2  18-24, 25-34, 35-44, 45-64, 65+

**Healthy People 2010 Data not collected via BRFSS**
04-Chronic Kidney Disease
07-Educational and Community-Based Programs
08-Environmental Health
09-Family Planning
10-Food Safety
11-Health Communication
17-Medical Product Safety
18-Mental Health and Mental Disorders
20-Occupational Safety and Health
23-Public Health Infrastructure
24-Respiratory Diseases
25-Sexually Transmitted Diseases
28-Vision and Hearing

## 1-1. Increase the proportion of persons with health insurance.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective
Adapted from 21.4 (Clinical Preventive Services).
Leading Health Indicator
Access to Health Care.
Measure Percent (age adjusted—Data are age adjusted to the 2000 standard population. Age-adjusted percents are weighted sums of age-specific percents. )
Baseline 83 (1997).
Numerator Number persons under age 65 years who report coverage by any type of public or private health insurance.
Denominator Number of persons under age 65 years.

## 1-4c. Adults aged 18 years and older who report having a specific source of primary care.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective
21.3 (Clinical Preventive Services), age adjusted to the 2000 standard population.
Measure Percent (age adjusted).
Baseline 85 (1998).
Numerator Number adults aged 18 years and older who report having a specific source of primary care.
Denominator Number of adults aged 18 years and older.

## 2-2. Reduce the proportion of adults with chronic joint symptoms who experience a limitation in activity due to arthritis.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Not identified.
Healthy People 2000 Objective Not applicable.
Measure Percent (age adjusted).
Baseline 27 (1997).
Numerator Number of adults aged 18 years and older with chronic joint symptoms who report difficulty with activities due to arthritis/rheumatism.
Denominator Number of adults aged 18 years and older with chronic joint symptoms.

## 3-11a. Women aged 18 years and older who have ever received a Pap test.

National Data Source National Health Interview Survey (NHIS), CDC,NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective

16.12 (Cancer), age adjusted to the 2000 standard population.
Measure Percent (age adjusted).
Baseline 92 (1998).
Numerator Number of women aged 18 years and older who report ever receiving a Pap test.
Denominator Number of women aged 18 years and older.

## 3-11b. Women aged 18 years and older who received a Pap test within the preceding 3 years.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective
16.12 (Cancer), age adjusted to the 2000 standard population.
Measure Percent (age adjusted).
Baseline 79 (1998).
Numerator Number of women aged 18 years and older who report receiving a Pap test within the past 3 years.
Denominator Number of women aged 18 years and older.

## 3-12a. Adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective
16.13 (Cancer), age adjusted to the 2000 standard population.
Measure Percent (age adjusted).
Baseline 35 (1998).
Numerator Number of adults aged 50 years and older who report receiving fecal occult blood testing within the preceding 2 years.
Denominator Number of adults aged 50 years and older.

## 3-12b. Adults aged 50 years and older who have ever received a sigmoidoscopy.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective
16.13 (Cancer), age adjusted to the 2000 standard population.
Measure Percent (age adjusted).
Baseline 37 (1998).
Numerator Number of adults aged 50 years and older who report ever receiving a sigmoidoscopy.
Denominator Number of adults aged 50 years and older.

## 3-13. Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective
Adapted from 16.11 (Cancer).
Measure Percent (age adjusted).
Baseline 67 (1998).
Numerator Number of women aged 40 years and older who report receiving a mammogram within the past 2 years.
Denominator Number of women aged 40 years and older.

## 5-1. Increase the proportion of persons with diabetes who receive formal diabetes education.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 17.14 (Diabetes and Chronic Disabling Conditions).
Measure Percent (age adjusted-see Comments).
Numerator Number of persons aged 18 years and older who report that they have ever been diagnosed with diabetes and have taken a course or class in diabetes self-management.
Denominator Number of persons aged 18 years and older who report that they have ever been diagnosed with diabetes.
Population Targeted U.S. civilian, noninstitutionalized population.

## 5-3. Reduce the overall rate of diabetes that is clinically diagnosed.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 17.11 (Diabetes and Chronic Disabling Conditions)
Objective (also 2.24).
Measure Rate per 1,000 standard population (age adjusted-see Comments) 25.
Numerator Number of persons who report ever being diagnosed with diabetes.
Denominator Number of persons.
Population Targeted U.S. civilian, noninstitutionalized population.

## 5-12. Increase the proportion of adults with diabetes who have an "A1C" measurement at least twice a year.

National Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Not applicable.
Objective Measure Percent (age adjusted ).
Numerator Number of persons aged 18 years and older who report they have ever been diagnosed with diabetes and report that a doctor, nurse, or other health professional has checked the respondent's hemoglobin "A one C" two or more times in the past year.
Denominator Number of persons aged 18 years and older who report they have ever been diagnosed with diabetes.
Population Targeted U.S. civilian, noninstitutionalized population (selected States, see Comments).

## 5-13. Increase the proportion of adults with diabetes who have an annual dilated eye examination.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 17.23 (Diabetes and Chronic Disabling Conditions).
Measure Percent (age adjusted-see Comments).
Numerator Number of persons aged 18 years and older who report that they have ever been told by a doctor that they have diabetes and report that they had a dilated eye examination in the past year.
Denominator Number of persons aged 18 years and older who report that they have ever been told by a doctor that they have diabetes.
Population Targeted U.S. civilian, noninstitutionalized population.

## 5-14. Increase the proportion of adults with diabetes who have at least an annual foot examination.

National Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Not applicable.
Objective
Measure Percent (age adjusted-see Comments).
Numerator Number of adults aged 18 years and older with diabetes who report that they have seen a health professional for diabetes and have had their feet checked for any sores or irritations.
Denominator Number of adults aged 18 years and older who report that they have ever been told that they have diabetes.
Population Targeted Civilian, noninstitutionalized population (selected States-see Comments).

## 5-17. Increase the proportion of adults with diabetes who perform self-blood-glucose-monitoring at least once daily.

National Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Not applicable.
Objective
Measure Percent (age adjusted-see Comments).
Numerator Number of persons aged 18 years and older with diabetes who report that they check their blood for glucose or sugar by themselves or by a family member or friend (excludes health professional) at least once a day.
Denominator Number of persons aged 18 years and older who report that they have ever been told they have diabetes.
Population Targeted Civilian, noninstitutionalized population (selected States, see Comments).

## 6-5. Increase the proportion of adults with disabilities reporting sufficient emotional support.

National Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Measure Percent (age adjusted).

Numerator Number of adults aged 18 years and older with disabilities who report receiving sufficient emotional support.
Denominator Number of adults aged 18 years and older with disabilities.
Population Targeted Civilian, noninstitutionalized population

## 12-15. Increase the proportion of adults who have had their blood cholesterol checked within the preceding 5 years.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective
15.14 (Heart Disease and Stroke), age adjusted to the 2000 standard population.
Measure Percent (age adjusted).
Baseline 67 (1998).
Numerator Number of adults aged 18 years and older who have had their cholesterol checked within 5 years.
Denominator Number of adults aged 18 years and older.

## 14-29a. Influenza vaccine.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System(BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective
20.11 (Immunization and Infectious Diseases), age adjusted to the 2000 standard population.
Leading Health Indicator
Immunization.
Measure Percent (age adjusted).
Baseline 64 (1998).
Numerator Number of adults aged 65 years and older who report receiving an influenza vaccination in the past 12 months.
Denominator Number of adults aged 65 years and older.

## 14-29b. Pneumococcal vaccine.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective
20.11 (Immunization and Infectious Diseases), age adjusted to the 2000 standard population.
Leading Health Indicator
Immunization.
Measure Percent (age adjusted).
Baseline 46 (1998).
Numerator Number of adults aged 65 years and older who report ever receiving a pneumococcal vaccination.
Denominator Number of adults aged 65 years and older.

## 15-4. Reduce the proportion of persons living in homes with firearms that are loaded and unlocked.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 7.11 (Violent and Abusive Behavior), age adjusted to
Objective 2000 standard population.
Measure Percent (age adjusted-see Comments).
Numerator Number of persons aged 18 years and older who report living in homes with firearms loaded and unlocked.
Denominator Number of persons aged 18 years and older who report living in homes with firearms.
Population Targeted U.S. civilian, noninstitutionalized population.

## 15-19. Increase use of safety belts.

National Data Source National Occupant Protection Use Survey (NOPUS), DOT, NHTSA.
State Data Source Not identified by CDC, Vermont using BRFSS
Healthy People 2000 9.12 (Unintentional Injuries).
Objective Measure Percent.
Numerator Number of persons, observed using restraints [, or who report always using seat belts].
Denominator Number of persons [asked how often they use seat belts while in a car].
Population Targeted U.S. resident population.

**16-16a. Consumption of at least 400 æg of folic acid each day from fortified foods or dietary supplements by nonpregnant women aged 15 to 44 years.**

National Data Source National Health and Nutrition Examination Survey (NHANES), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System(BRFSS), CDC, NCCDPHP.
Healthy People 2000 Not applicable.
Objective
Measure Percent.
Numerator Number of nonpregnant females aged 15 to 44 years who report consuming an average of 400 æg of folic acid daily over the past month.
Denominator Number of nonpregnant females aged 15 to 44 years.
Population Targeted U.S. civilian, noninstitutionalized population.

**19-2. Reduce the proportion of adults who are obese.**

National Data Source National Health and Nutrition Examination Survey (NHANES), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP. (See Comments.)
Healthy People 2000 Objective
Adapted from 2.3 (Nutrition) (also 1.2, 15.10, 17.12).
Leading Health Indicator
Overweight and Obesity.
Measure Percent (age adjusted).
Baseline 23 (1988–94).
Numerator Number of persons aged 20 years and older with a BMI at or above 30.0.
Denominator Number of persons in the survey population aged 20 years and older.

**19-5. Increase the proportion of persons … who consume at least two daily servings of fruit.**
Data source: Continuing Survey of Food Intakes by Individuals (CSFII) (2-day average), USDA.
Target: 75 percent.
Baseline: 28 percent of persons aged 2 years and older consumed at least two daily servings of fruit in 1994–96 (age adjusted to the year 2000 standard population).

**19-6.  Increase the proportion of persons … who consume at least three daily servings of vegetables, with at least one-third being dark green or orange vegetables.**
Data source: Continuing Survey of Food Intakes by Individuals (CSFII) (2-day average), USDA.
Target: 50 percent.
Baseline: 3 percent of persons aged 2 years and older consumed at least three daily servings of vegetables, with at least one-third of these servings being dark green or orange vegetables in 1994–96 (age adjusted to the year 2000 standard population).

**21-3. Increase the proportion of adults who have never had a permanent tooth extracted because of dental caries or periodontal disease.**

National Data Source National Health and Nutrition Examination Survey (NHANES), CDC, NCHS.
State Data Source Not identified.
Healthy People 2000 Objective
13.3 (Oral Health).
Measure Percent.
Baseline 31 (1988–94).
Numerator Number of adults aged 35 to 44 with a clinical confirmation of at least 28 natural teeth, exclusive of third molars.
Denominator Number of adults aged 35 to 44 years.

**21-4. Reduce the proportion of older adults who have had all their natural teeth extracted.**

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Not identified.
Healthy People 2000 Objective
Adapted from 13.4 (Oral Health).
Measure Percent.

Baseline 26 (1997).
Numerator Number of older adults aged 65 to 74 years who report having lost all their natural teeth.
Denominator Number of adults aged 65 to 74 years.


## 22-1. Reduce the proportion of adults who engage in no leisure-time physical activity.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective
Adapted from 1.5 (Physical Activity and Fitness).
Measure Percent (age adjusted).
Baseline 40 (1997).
Numerator Number of adults aged 18 years and older who report that they never or are unable to do light or moderate physical activity for at least 20 minutes (at least 10 minutes after 1997) and that they never or are unable to do vigorous physical activity for at least 20 minutes (at least 10 minutes after 1997).
Denominator Number of adults aged 18 years and older.


## 22-2. Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day.

National Data Source National Health Interview Survey (NHIS), CDC,NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective
Adapted from 1.3 (Physical Activity and Fitness) (also 15.11 and 17.13).
Leading Health Indicator
Physical Activity.
Measure Percent (age adjusted).
Baseline 15 (1997).
Numerator Number of adults aged 18 years and older who report light or moderate physical activity for at least 30 minutes five or more times per week.
Denominator Number of adults aged 18 years and older.


## 22-3. Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.

National Data Source National Health Interview Survey (NHIS), CDC,NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective
Adapted from 1.4 (Physical Activity and Fitness).
Measure Percent (age adjusted).
Baseline 23 (1997).
Numerator Number of adults aged 18 years and older who report participating in vigorous physical activity for at least 20 minutes three or more times per week.
Denominator Number of adults aged 18 years and older.


## 26-11c. Binge Drinking Adults aged 18 years and older.

National Data Source National Household Survey on Drug Abuse (NHSDA), SAMHSA.
State Data Source Not identified.
Leading Health
Indicator
Substance Abuse.
Healthy People 2000 Objective
Adapted from 4.7 (Substance Abuse: Alcohol and Other Drugs).
Measure Percent.
Baseline 16.6 (1998).
Numerator Number of adults aged 18 years and older who report having five or more drinks at the same time or within a couple of hours of each other during the 30 days prior to the survey.
Denominator Number of adults aged 18 years and older.


## 27-1a. Cigarette smoking.

National Data Source National Health Interview Survey (NHIS), CDC,NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective
3.4 (Tobacco) (also 15.12 and 16.6), age adjusted to the 2000 standard population.
Leading Health Indicator
Tobacco Use.
Measure Percent (age adjusted).
Baseline 24 (1998).
Numerator Number of adults aged 18 years and older who have smoked at least 100 cigarettes in lifetime and who now report smoking cigarettes everyday or some days.
Denominator Number of adults aged 18 years and older.

## 27-5. Increase smoking cessation attempts by adult smokers.

National Data Source National Health Interview Survey (NHIS), CDC,
NCHS.
State Data Source Behavioral Risk Factor Surveillance System
(BRFSS), CDC, NCCDPHP.
Healthy People 2000 Adapted from 3.6 (Tobacco).
Objective
Measure Percent (age adjusted-see Comments).
Numerator Number of current, everyday cigarette smokers aged 18 years and older who quit smoking for 1 day or longer during the 12 months prior to the interview.
Denominator Number of adults in the population aged 18 years and older who are current, everyday cigarette smokers.
Population Targeted U.S. civilian noninstitutionalized population.

## 27-9. Reduce the proportion of children who are regularly exposed to tobacco smoke at home.

National Data Source National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 3.8 (Tobacco).
Objective
Measure Percent.
Numerator Number of children aged 6 years and under living in households where a household resident smoked inside the home at least 4 days a week.
Denominator Number of children aged 6 years and under.
Population Targeted U.S. civilian, noninstitutionalized population.

## Vermont Specific Goals

## Increase the percentage of sexually active adults at risk for HIV/AIDS who use condoms.

Numerator: Adults aged 18+ who have two or more sexual partners in the last year who are either IV drug users, have had an STD in the last year, have given or received money or drugs in exchange for sex in the last year, or had anal sex without a condom in the last year, and also who used a condom the last time they had sex.
Denominator: Adults aged 18+ who have two or more sexual partners in the last year who are either IV drug users, have had an STD in the last year, have given or received money or drugs in exchange for sex in the last year, or had anal sex without a condom in the last year.

## Food Security

## Increase the percentage of people who have enough food to eat or money to buy food.

Numerator: Adults aged 18+ who never eat less food than they feel they should because there is not enough food or enough money to buy food.
Denominator: Adults aged 18+.